MULTIPURE®

For Life. For You.

Hydration Solution

- Why Hydration is Important
- How to Stay Hydrated
- Water Quality Matters

Your Body is Mostly Water

Over 60% of adult body is water

- Lungs: 83%
- Muscles & Kidneys: 79%
- Brain and Heart: 73%
- Skin: 64%

Water Is Essential for Life

- Every living organism needs water to survive
- When scientists look for life on other planets, they first look for water.

After Air, Water Is Our Biggest Necessity

- Without air … 3 minutes
- Without water … 3 days
- Without food … 1 to 3 weeks

Why We Need to Drink Water

- Aids in digestion
- Facilitates waste removal
- Regulation of body temperature
- Cushioning & lubrication of joints & tissues
- Helps in the transportation of nutrients & oxygen
- Maintenance of blood circulation & blood pressure

How Does Proper Hydration Help?

- Boosts energy levels
- Improves alertness, focus, and memory
- Improves mood
- Helps skin look and feel better
- Can help manage weight

How Much Water Do You Lose Each Day?

3 Liters Each Day

- Breathing
- Sweating
- Bathroom waste

What Should You Drink?

- Soda or Soft Drinks
- Juice or Sports Drinks
- Coffee or tea

How Much Water Do You Need?

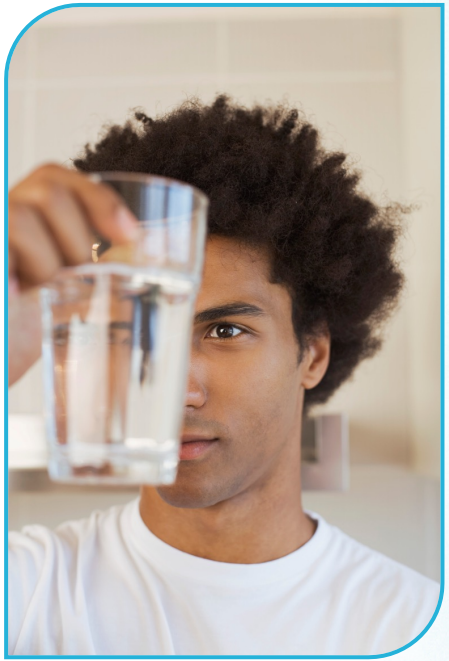
- 1 ounce for every 2 pounds of weight
- 160 lb person would need 80 oz of water a day
- 10-8oz glasses of water

Signs Of Dehydration

- Dry Mouth
- Dark Urine
- Dizziness
- Headache
- Constipation
- Loss of Focus or Concentration

What Are Our Options?

- Tap Water
- Bottled Water
- Filtered Water



Tap Water

Pros

- Readily Available
- Inexpensive
- Convenient

Cons

- Taste: Chlorine, chloramine, rust and sediment
- Contaminants

Contaminants Found in Tap Water

- *Lead*
- *Microplastics*
- *Arsenic*
- *Forever Chemicals*

Lead

Lead can enter your water through . . .

- Solder in municipal pipes
- Lead pipes in home
- Brass in your home's fixtures and faucets

PFOAs
Forever Chemicals

Where do PFOA/PFOS come from?

- Stain free carpet
- Paper packing for food
- Firefighting foam
- Cookware

Microplastics

Where do Microplastics come from?

- Microbeads (facial scrubs, toothpaste)
- Synthetic clothing (fleece, nylon, polyester, rayon)
- Dust from car and truck tires
- Plastics we use in daily life

Arsenic

How does arsenic get into drinking water?

- Naturally occurring in rock formations
- Discharge of Industrial waste
- Discharge of Agricultural waste

What % of Plastic Gets Recycled?

National Geographic Article (Dec 2018)

91% of plastic is not recycled and sits in landfills

Why is plastic bad for the environment?

- Sheer volume: 8.3 billion metric tons
- By 2050 12 billion metric tons
- Each Year: 8 million metric tons of plastic bags in ocean = 90 aircraft carriers
- 400 years for plastic to decompose

Filtered Water

- Reduces a range of contaminants
- Not all have the same capabilities
- So many to choose from

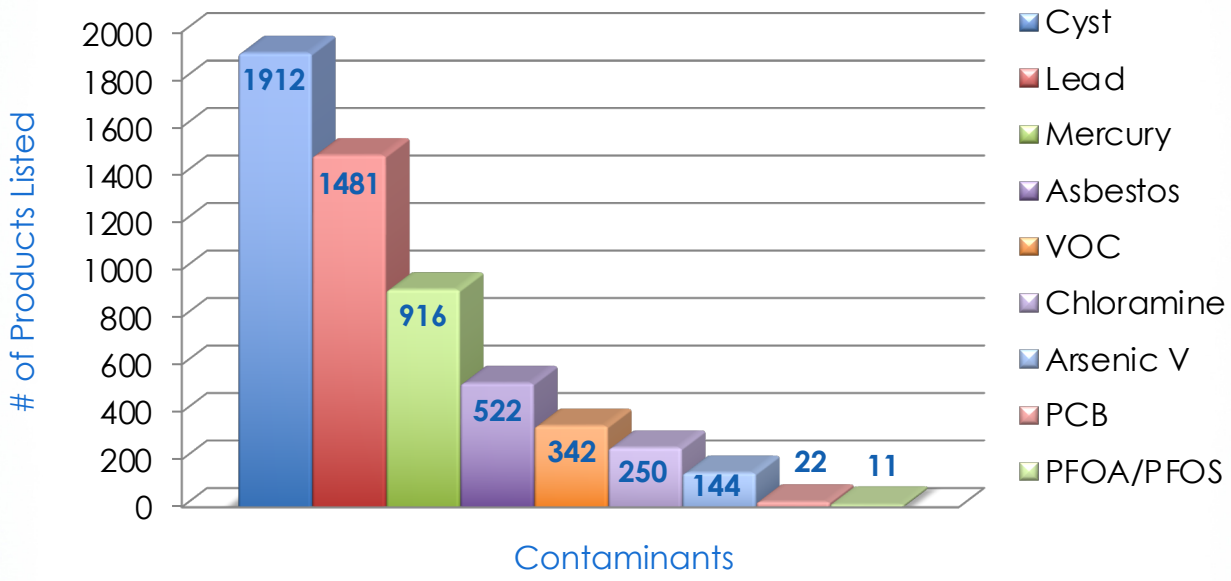
Types of Water Filters

- Reverse Osmosis
- Ionizers
- Pitchers
- Faucet Mount
- Gravity Fed
- Granulated Carbon

NSF Certification Is Key

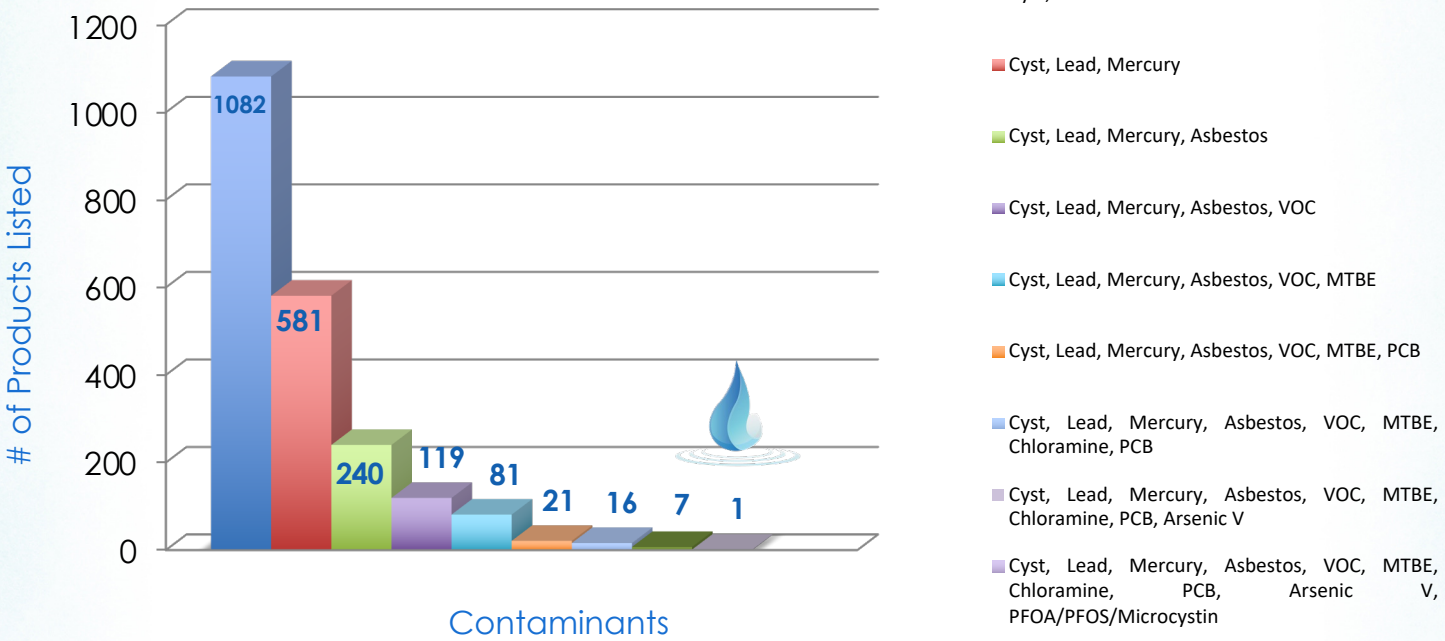
- Founded in 1944
- Independent not-for-profit organization that tests over 20,000+ water filtration systems
- Non biased
- Systems go through the same process

NSF Listings By Single Contaminant



As Of January 16, 2023 - NSF.org

NSF Listings By Combination of Contaminant



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Hydration Is Key To Good Health

What Kind of Water Will You Choose For Your Family?




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